



Newsletter #57 – July 1, 2016

NEWSLETTER DISTRIBUTION

New issues of the 100 Marathon Club North America newsletters are posted monthly at <http://www.100marathonclub.us/newsletter.html>. Please add this link to your computer's "favorites" list and check for the latest newsletter after the first of each month. Once the roster is updated and a new newsletter is in place, a message is also posted on the club's Facebook page.

NEWSLETTER ARCHIVE

All previous 100 Marathon Club North America newsletters are archived and accessible on our web site page should you miss an issue or want to review an earlier edition.

UPCOMING EVENTS DIRECTED BY CLUB MEMBERS

Attention 100 Marathon Club North America member marathon and ultra-marathon race directors: if you want to publicize your event(s), you need to send us information about your race(s). Here are several upcoming marathons directed by club members:

07-16-16 – Kill Bill's Oyster Dome Challenge 50K, Blanchard Mountain, WA - **Terry and Delores Sentinella**

08-21-16 – Super Tunnel Marathon, Snoqualmie Pass, WA – **Databar Events**

09-11-16 – Skagit Flats Marathon, Burlington, WA – **Terry and Delores Sentinella**

10-01-16 – Baker Lake 50K, Concrete, WA – **Terry and Delores Sentinella**

10-02-16 – Winthrop Marathon, Winthrop, WA – **Terry and Delores Sentinella**

12-03-16 – Ghost of Birch Bay Marathon, Birch Bay, WA – **Terry and Delores Sentinella**

12-31-16 – Last Chance Marathon, Bellingham, WA - **Terry and Delores Sentinella**

02-18-17 – Woolley Marathon & 50K, Sedro-Woolley, WA - **Terry and Delores Sentinella**

04-01-17 – Yakima River Canyon Marathon, Selah, WA – **Bob and Lenore Dolphin**

05-01-17 – Tacoma City Marathon, Tacoma, WA – **Tony Phillippi**



OFFICIAL 100 MARATHON CLUB NORTH AMERICA SINGLET

Official men's and women's 100 Marathon Club North America singlets are available for ordering via the "Maniac Gear/Dues" portion of the MarathonManiacs.com web site. These attractive, blue and white singlets were professionally designed and feature images of both United States and Canadian flags.

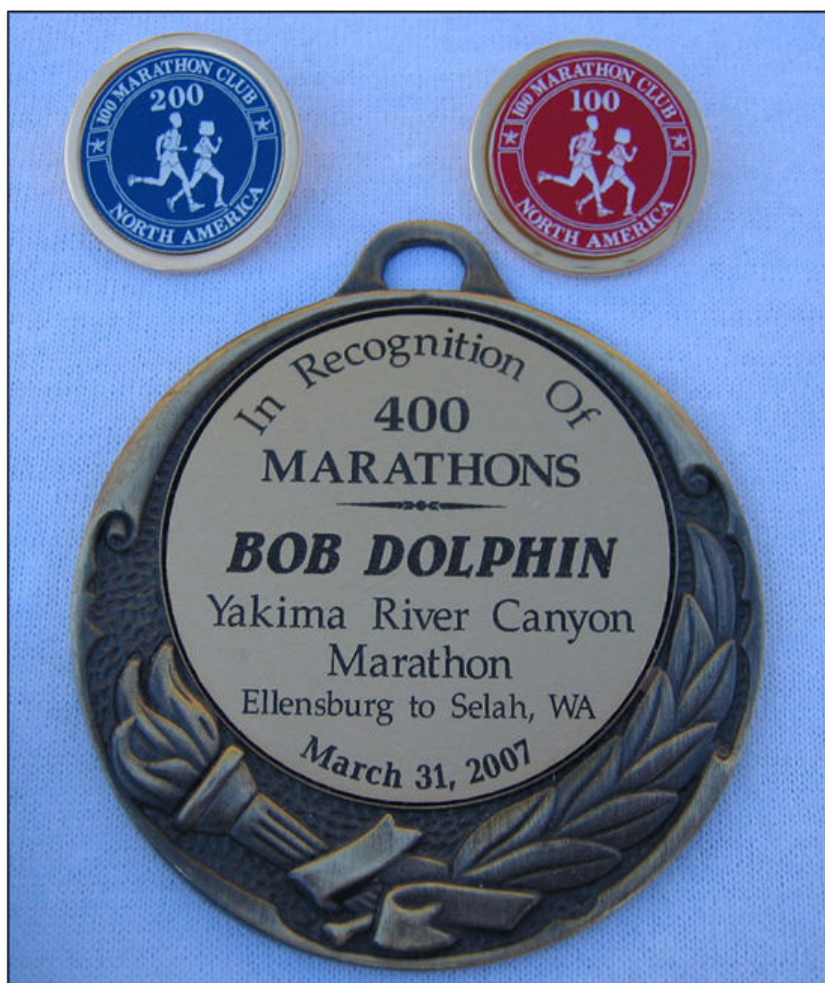
Check them out and order yours today!

100 MARATHON CLUB NORTH AMERICA SUPPORT

The 100 Marathon Club North America has no dues. Club expenses are met by donations and the small profit generated from the sale of shirts, pins (in increments of 100), and personalized medallions. A "Merchandise" button has been added to our web site's Home page, making it even easier to find club items. In addition to the singlets (pictured above), plus short and long sleeve tee shirts, here are examples of the types of pins and medallions that are available to members →

To make a donation or purchase, contact Bob and Lenore Dolphin via EMail to dolphinmteam@earthlink.net. Please make checks payable to Lenore Dolphin and mail them to:

Lenore Dolphin
10519 126th Avenue SE
Renton WA 98056



WELCOME NEW MEMBERS!

The 2012 Mayor's Midnight Sun Marathon in Anchorage, Alaska was the site for the first marathon run by **Gene Bowden** of Porter, Texas. Less than four years later, he notched his 100th at last month's ½ Sauer ½ Kraut Marathon in Philadelphia, Pennsylvania. Gene set his 3:39:28 PR in 2014 at age 49. He has run 100 marathons and two ultras.

Noting Gene's running outfit in the accompanying image, we suspect this photo was taken during the ½ Sauer ½ Kraut Marathon. →

Jennifer Hatcher of Hurricane, Utah completed the marathon portion of the 2008 Ironman Florida in Panama Beach, Florida for her first marathon. Since that major accomplishment, she has completed 50 States and DC. The 2016 Bear Lake Marathon in Cokesville, Wyoming was the 100th of her 83 marathons and 19 ultras. Jennifer set her 4:29:19 PR in 2012 at age 44.



The 2002 Country Music Marathon in Nashville, Tennessee was the race **Ricky Krisle** of Springfield, Tennessee chose for his first

marathon. He completed the 2015 Riteaid Cleveland Marathon in Cleveland, Ohio for his 100th marathon. He set his 3:14 PR at the Baltimore Under Armour Marathon in Baltimore, Maryland. A member of the Nashville Striders Running Club, Ricky has run a total of 106 marathons.

← Here's Ricky during a recent race.





Janice Northrup of Selah, Washington opted to do a hometown race, the 2011 Yakima River Canyon Marathon, for her first marathon. The 2016 Vancouver USA Marathon in Vancouver, Washington was the choice for her 100th. Janice set her 4:57:14 PR at the 2012 Yakima River Canyon Marathon at age 47. She is a member of the Hard Core Runner's Club in Yakima, Washington. Her current total is 89 marathons and 11 ultras.

← Here's Janice at the start of a recent marathon.

The addition of Gene, Jennifer, Ricky, and Janice boosts the total 100 Marathon Club North America membership to 526.

MEMBER UPDATES

Last month we welcomed **Claudia Roedl** of Scottsdale, Arizona to 100 Marathon Club North America membership. We recently caught up with her via EMail and received the accompanying photo of Claudia with "John," her Golden Retriever.→ Claudia commented that "John completed dozens of half marathons with me and one full marathon at Whiskey Row in Prescott, Arizona. He amassed his own collection of finisher's medals. Sadly, he died a couple of years ago at age 14. An article appeared in the American Kennel Club publication about his accomplishments. I have had other Golden Retrievers, but none compared to John's love of running."



6 MARATHONS, 6 COUNTRIES, 7 DAYS

A recent issue of *Northwest Runner* magazine featured an article authored by 100 Marathon Club North America member **Cheri Pompeo** of Woodinville, Washington. Many members will recognize Cheri's name, having corresponded with her as she coordinates club certificates. Cheri's article is entitled "6 Marathons, 6 Countries, 7 Days" and details her participation in the "Southern Caribbean Challenge and Cruise" during late January and early February, 2016. Here's a portion of the introduction to Cheri's article:

I'm part of the Marathon Globetrotters. We run marathons in as many countries as possible and move to a new award level every 10 countries. As a child I always wanted to travel and see the world but never thought I would do it while running marathons...

The price of the cruise, double occupancy, was about the same as I would pay for food and lodging anywhere. The entry fee for the six races was reasonable. I might otherwise be able to get one or two countries for that amount of money but not six. I tried to focus on what a great deal it was and not think about how it would feel to run six races in six hot, humid countries in seven days...

The 32 people on this venture, from Africa, Dubai, France, Germany, Denmark, Australia, Canada and the United States, ages ranged from about 45 to 78.

Details about each marathon are included in the full *Northwest Runner* article.

10 MARATHONS IN 10 DAYS or how about 20 MARATHONS IN 10 DAYS ?

If six marathons in six countries in seven days doesn't sound challenging enough, you may want to consider the Orta Marathon Series in Italy. An EMail announcement from Paolo Francesco Gino, president of the Club Supermarathon Italia, provides these details:

The Orta Marathon series is back! From Saturday 6th through Monday 15th August 2016 there will be the 3rd edition of the classic summer event.

"10 Marathons in 10 Days" on the enchanting Orta Lake in Gozzano, Italy, 60 km north Milano, not far from Malpensa Airport.

Run and Relax - 10 days of races, but you can decide to run or rest as you wish, on the Orta Lake, our Golden Pond. Lie on the beach, suntan and run with friends...in this enchanted and cozy little spot of Piedmont, still unknown to most, with the golden beaches and views that seem to come from a fairy tale around the Isle of San Giulio.

This year there are remarkable innovations!

Firstly, side by side with the traditional 10 Marathons in 10 Days Trophy, we are giving the most daring the chance to run 20 Marathons in 10 Days. This

is the first 20 in 10 competition in the world! Champions like Marco Bonfiglio (pluri-winner of the Berlin 100 miles and NoveColli Running), Daniele Alimonti (who ran 50 marathons in 50 days), and Vito Piero Ancora (who, with 930+ is the runner with most marathons ever run in Italy), Rossella Verzelletti (winner Orta 10 in 10 - 2015) have already entered the challenge.

Secondly, for those who prefer shorter and faster distances, the Organization has launched the 10 Half-Marathons in 10 days and the 10 10-km in ten days...

The start of all the races will be at 8:00 from Lido di Gozzano. For the second marathon of each day of the 20 in 10, will start at 14.00.

Moreover, the organization will provide a full package of guided bus tours, visits and dinners in the afternoon/evening, open to all the runners and their families, so as to relax and enjoy together the unique views, atmosphere and culture of the area.

Cheap accommodations.

Full details as well as the new regulations are available on www.orta10in10.it.

ROSTER UPDATES AND NEWSLETTER PRODUCTION

100 Marathon Club North America roster updates, and the monthly newsletters are produced by Ron and Nancy Fowler. Completed updates are forwarded to Tony Phillippi for posting on the 100 Marathon Club North America pages, hosted on the Marathon Maniacs' web site. Thank you for your ongoing and much-appreciated support, Tony!

Please send roster updates to both of these EMail addresses:

★ Bob and Lenore Dolphin: dolphinmteam@earthlink.net

★ Ron and Nancy Fowler: SodaBottles@yahoo.com

*Bob and Lenore Dolphin
10519 126th Avenue SE
Renton WA 98056*

*(425) 226-1518, Renton
(509) 966-0188, Yakima
(425) 681-0154, Cell*

*Ron and Nancy Fowler
PO Box 158
Littlerock WA 98556-0158*